

# HEMP

## How Can We Use It?

[https://archive.org/details/@for\\_the\\_brews](https://archive.org/details/@for_the_brews)



**HEMP Plastic is BIODEGRADABLE!**  
Returns to fiber in 73 Days

## Nutrition

Hemp is consumable in many different forms, including the following:

- Leaves
- Sprouts
- Flowers
- Seeds
- Oil
- Protein
- Flour

Leaves, sprouts, and flowers can be eaten raw in salads or blended into juices.